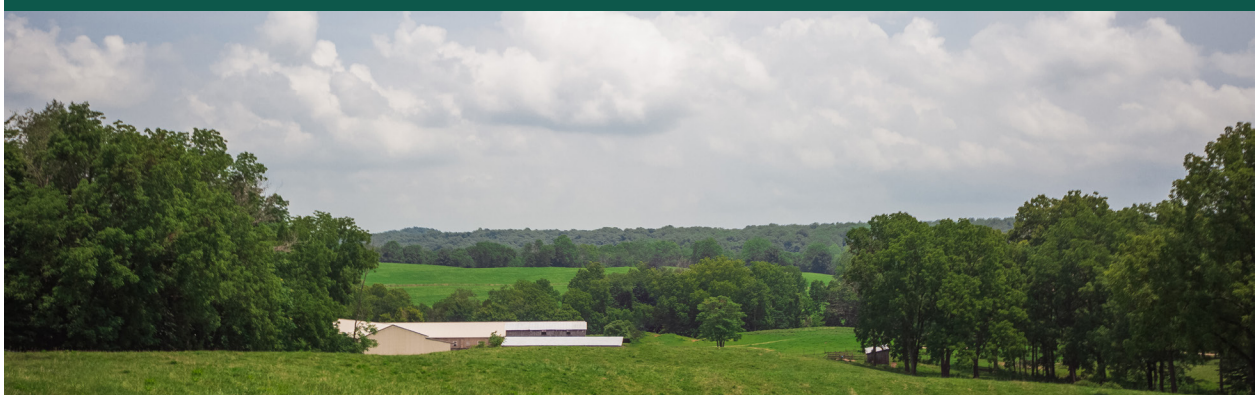


2019

*Orange County*  
**Community Health**  
Improvement Plan



*This report was prepared by Indiana University School of Public Health, Indiana University Center for Rural Engagement, and Orange County Health Coalition.*



Dear Community Members,

We are pleased to present to you Orange County Health Coalition's 2019 Community Health Improvement Plan (CHIP).

This CHIP is a product of the IU Health-Paoli Community Health Needs Assessment, working groups of the Orange County Health Coalition, stakeholder interviews, and community efforts. As a result, significant health needs in Orange County were identified as access to health care services, drug and substance use, mental health, obesity, diabetes, and physical inactivity, and social determinants of health. The goals and strategies of the community health improvement plan address these needs by building partnerships with organizations and leaders already established in the community who influence the environment of Orange County. The community health improvement plan is a living document with objectives that will change over time with shifts in resources, initiatives, and overall health dynamics of the community.

We are grateful for the many organizations and individuals who were active participants in this process. We hope that the strategies presented in the community health improvement plan result in stronger community partnerships and improved health outcomes for all of Orange County.

Sincerely,

**Katarina Koch**  
Orange County Health Coalition, President  
Southern Indiana Community Health Care, Fund  
Development Manager

**Rossina Sandoval Monsivais**  
Orange County Health Coalition, System of Care Coordinator  
LifeSpring Health Systems, System of Care Coordinator

## WHAT IS A CHIP?

A Community Health Improvement Plan is a living document that not only outlines the working plan to improve health but serves as a way to assign responsibility, offers a system for accountability and progress check-ins, as well as a way to share updates with the community. A CHIP can bring community organizations, service providers, and citizens together in an effort to reach a common goal.

A CHIP uses Community Health Needs Assessment (CHNA) data to identify priority issues, develop and implement strategies for action and establish accountability to ensure measurable community health improvement (National Association of County and City Health Officials, 2018) The CHIP process brings together community residents and stakeholders in the community to identify and address the health needs of a community.



# CHIP DEVELOPMENT PROCESS

The Orange County Health Coalition (OCHC) was initially formed after a group of residents and health professionals were ignited to discuss community health needs in 2015. At this time, IU Health-Paoli Hospital was conducting focus groups for the Community Health Needs Assessment (CHNA). This initial data was the catalyst for conversations around health disparities, Orange County health outcomes, resources that are already available to the community, and gaps in services that community residents have to go out of the county to receive or do not have any access to at all. In a collaborative effort, the OCHC became a small hub for collecting data, sharing resources, and educating the public on positive health behaviors related to the top identified needs of the CHNA. At the same time, LifeSpring Health

Systems, formerly Southern Hills Counseling Center, was awarded a grant from the Indiana Family and Social Service Administration (FSSA), Division of Mental Health and Addiction (DMHA) to establish a local System of Care (SOC) and join the state-wide network of SOC's. The Orange County SOC was having conversations about many of the same needs as the OCHC, with a strong focus on the impact for youth and families. They brought wraparound services to the county schools and fostered social and emotional education development with school teachers and administrators.

In 2018, after three years of functioning separately, the OCHC and SOC decided to unite to address local issues collaboratively. Mission, vision, and values of both groups were merged to





form one coalition that would keep the name of Orange County Health Coalition and act as the Orange County System of Care.

In the midst of this transition, the coalition president was approached by the Indiana University Center for Rural Engagement about starting the process to create the Orange County Community Health Improvement Plan (CHIP). The coalition felt a CHIP would be a great tool to develop and expand partnerships within the community, develop community goals, and track accountability.

The coalition spent over a year working closely with Dr. Priscilla Barnes from the IU School of Public Health and her associates to bring the CHIP to life. Now, at the beginning of 2020, five years after the formation of the OCHC, we are excited to share Orange County's first Community Health Improvement Plan and pave the way for future development of health initiatives that will grow Orange County into a healthy, wonderful place for people to live, work, and play.

Special recognition to former Health Coalition Presidents Mendy Lambdin and Dessica Albertson and former SOC Coordinator Katie Ranke for holding a healthy vision for the coalition and the community. You were—and still are—pivotal leaders for the community. We honor the determination and inspiration you bring to us all.

## DEVELOPMENT TIMELINE



### 2015

- 2015 CHNA released,
- OCHC established,
- OC SOC established

### 2018

- 2018 CHNA released
- OCHC and SOC merge
- Three workgroups established to address 2018 CHNA identified needs

### 2019

- Workgroups meet to determine CHIP goals, objectives, and strategies

### 2020

- CHIP released

# SUMMARY OF THE 2018 COMMUNITY HEALTH NEEDS ASSESSMENT

*“A Community Health Needs Assessment (CHNA) is a systematic process involving the community to identify and analyze community health needs”*  
—Center for Rural Health, 2019

## SIGNIFICANT HEALTH NEEDS



IU Health-Paoli Hospital performed a CHNA in 2018 to determine the health needs of the local community and develop an implementation plan to outline and organize how to meet those needs. Data were gathered from multiple secondary sources to build an accurate picture of the current community and its health needs. Additionally, a survey of a select group of local experts was performed to review the prior CHNA and provide feedback, and to ascertain whether the previously identified needs are still a priority. Then a second survey was distributed to the same group that reviewed the data gathered from the secondary sources and determined the significant health needs for the community.

For the purposes of the CHIP, Drug and Substance Abuse and Mental Health were combined into Mental Health and Substance Use. This merge came as a result of community conversations and key informant interviews. Obesity, Diabetes, and Physical Activity will be covered under the umbrella of Nutrition, and Access to Health Care Services will be referred to as Access to Care. The following pages include a brief summary of the status of significant health needs outlined in the 2018 CHNA, after merging topics. This information guided the 2019 CHIP.



# TOPICS





# ACCESS TO CARE

This broad overarching topic area includes many different kinds of access, including but not limited to affordability, geographical access, number of providers, and more.

## POPULATION WITH AND WITHOUT INSURANCE



**Orange County residents reported an average of 4.2 physically unhealthy days when asked about their past 30 days.**

*-County Health Rankings, 2018*

# ACTIVE LIVING AND NUTRITION

This broad topic area includes but is not limited to healthy eating habits, increasing access to healthy food choices, and health education related to these topics.

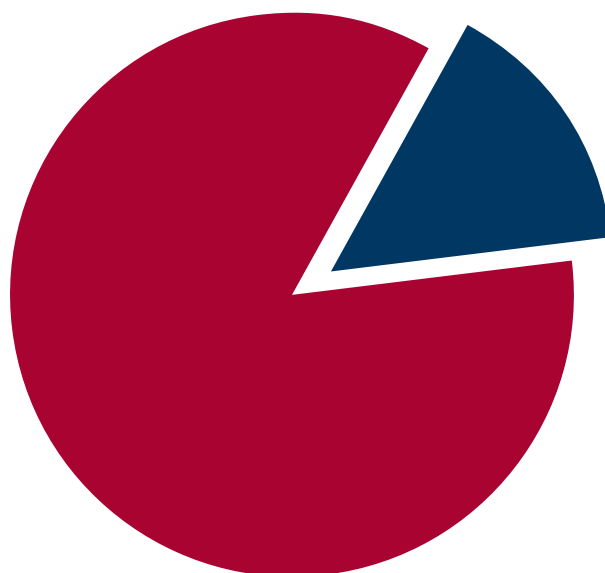


**30%** of the adult population of Orange County is obese.

*-2018 IU Health Paoli Community Needs Assessment*

## FOOD INSECURITY IN ORANGE COUNTY

- Food insecure (15%)
- Not food insecure (85%)



# MENTAL HEALTH AND SUBSTANCE USE

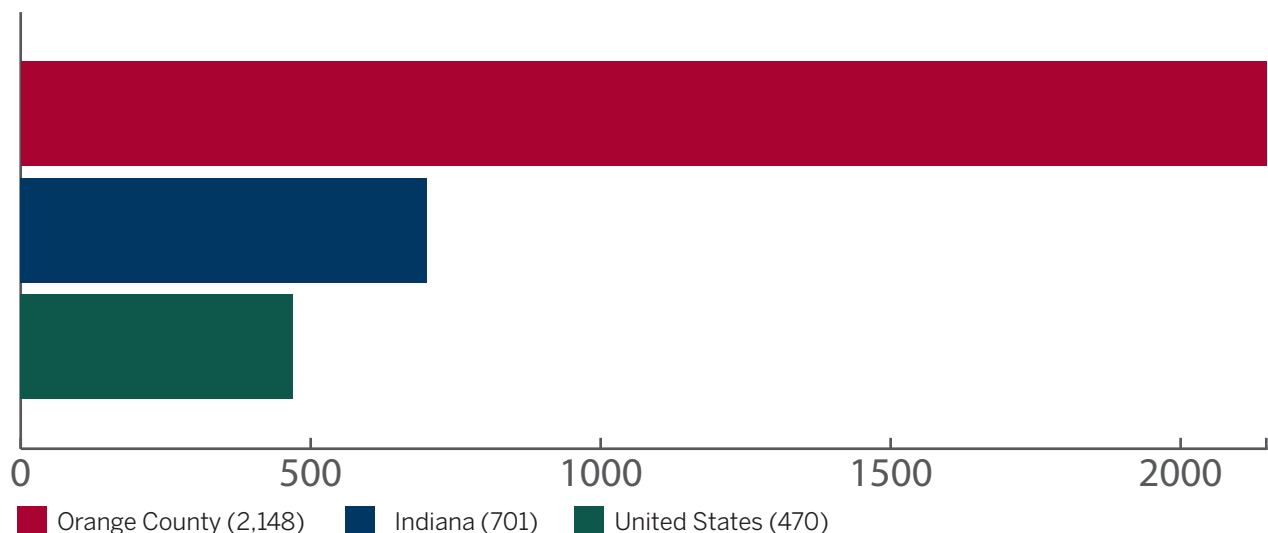


**Orange County ranks 59th in the state for access to mental health providers.**

*-County Health Rankings, 2018*

This broad overarching topic area can be broken into many smaller subtopics. Substance use can include overuse, misuse, and hazardous use of substances including alcohol and prescription and illicit drugs. Mental health can refer to mental health disorders and psychological and emotional well-being. Overall, this section of the CHIP aims to address breaking down stigma associated with substance use and mental health, improve access to services, and improve quality of life.

## AVERAGE NUMBER OF PATIENTS PER MENTAL HEALTH CARE PROVIDER





A photograph of a forest path with the text "GOALS, OBJECTIVES & STRATEGIES" overlaid in the top right corner. The path is a narrow, unpaved trail made of dirt and small stones, winding through a dense forest. The trees are tall and slender, with green foliage. The ground is covered with green plants and fallen leaves. The text is in a bold, white, sans-serif font.

# GOALS, OBJECTIVES & STRATEGIES



## ACCESS TO CARE

GOAL	<p><b>Improve insurance navigation* between community agencies.</b></p> <p><i>*Navigation= the process following a referral until services have been initiated and/or received</i></p>
OBJECTIVES	<p>By August 31, 2021:</p> <ul style="list-style-type: none"> <li>Decrease administrative barriers related to insurance referral and enrollment by 10 percent.</li> </ul>
STRATEGY	<p><b>Utilize existing human resources to enroll and/or refer community members to needed health care services or community resources.</b></p> <ol style="list-style-type: none"> <li>Convene community agencies to discuss challenges in insurance referral and enrollment.</li> <li>Map enrollment in insurance and community programs.</li> <li>Clarify purpose and goals of navigation events.</li> <li>Identify a space and dates for navigation events.</li> <li>Find community resources to attend navigation events.</li> <li>Advertise the event in the community.</li> <li>Create a database to track navigation between community resources.</li> <li>Create a policy brief highlighting navigation challenges in rural communities.</li> <li>Present policy brief to elected officials.</li> </ol>

GOAL	<p><b>Improve community engagement in health activities.</b></p>
OBJECTIVES	<ul style="list-style-type: none"> <li>By August 31, 2021, increase county residents' participation in health events by 10 percent.</li> </ul>
STRATEGY	<p><b>Promote health and wellness activities at existing community events.</b></p> <ol style="list-style-type: none"> <li>Identify existing community programs.</li> <li>Map existing community programs.</li> <li>Partner with existing agencies to advertise event in the community.</li> </ol>

## ACTIVE LIVING AND NUTRITION

### GOAL

Foster an environment where people choose to incorporate healthy foods into their diet.

### OBJECTIVES

By August 31, 2021:

- Decrease the number of food insecure residents from 15 percent to 13 percent.

### STRATEGY

**Develop a health education program that promotes healthy eating.**

1. Identify current health education curricula surrounding healthy eating.
2. Find local and state resources to support program implementation
3. Outline logistics of implementing health education program.
4. Promote program to the community.
5. Implement program.
6. Evaluate program.





## SUBSTANCE USE AND MENTAL HEALTH

GOAL	Assist individuals living with mental disorders and/or addictions through access to medical treatment rather than placement in the criminal justice system due to illness-related behaviors.
OBJECTIVES	<p>By August 31, 2021:</p> <ul style="list-style-type: none"> <li>• Reduce jail placement of people experiencing mental health crisis by 3 percent.</li> <li>• Increase public and private institutions' capacity to provide trauma informed care (TIC) to individuals living with mental disorders and/or addictions from 0 to 7 institutions.</li> </ul>
STRATEGY	<p><i>Implement CIT-Y training:</i></p> <p><b>Crisis Intervention Team for Youth (CIT-Y) programs teach law enforcement officers to connect young people who need help to effective services and supports in their community by training officers about adolescent brain development and how mental health symptoms present in youth. These programs build partnerships between schools, school-based police officers, children's mental health providers and parents. The goal is to intervene early to prevent youth from becoming involved in the juvenile justice system.</b></p> <ol style="list-style-type: none"> <li>1. Meeting with key stakeholders who implemented National Association of Mental Illness (NAMI) CIT-Y in other communities (e.g. Jeffersonville, IN).</li> <li>2. Host informal meetings and discussion groups to engage law enforcement, mental health providers, and other stakeholders.</li> <li>3. Develop a steering committee.</li> <li>4. Develop data tracking systems for the objectives.</li> <li>5. Recruit and identify trainers.</li> <li>6. Plan and organize local trainings for officers and dispatchers (e.g., identify dates, secure location, prepare continuing education units).</li> <li>7. Implement trainings for officers, health and human service professionals, dispatcher, and community at-large.</li> <li>8. Sign commitment of collaboration to solidify network.</li> <li>9. Convene bi-monthly meetings to assess progress.</li> <li>10. Discuss integration of model with judicial, mental health, and health care systems.</li> </ol>



# Join us to improve Orange County's health!

These goals are achievable with your help.  
Contact the Orange County Health Coalition at  
**healthcoalition.orangeco@gmail.com**  
to connect and make a difference.



## **Produced in partnership with:**

*4C of Southern IN, Abuse Counseling and Education Inc., Anthem, Bedford Transitions, Care Source, Caregiver Homes, Crisis Connection, Department of Child Services, Family Vitality Initiative, Forward Telehealth, HandUp Orange County, Hoosier Hills PACT, Indiana Trafficking Victims Assistance Program, Indiana Youth Institute, Ireland Home Based Services, IU Health Paoli Hospital, IU Health Positive Link, LifeSpring Health Systems, Lincoln Hills Development Center Covering Kids and Family, Lost River Market and Deli, MD WISE, Memorial Hospital, Orange County 911, Orange County Community Garden, Orange County Health Department, Orange County Parents for Children with Special Needs, Paoli United Methodist Church, SO IN Body, Southern Indiana Center for Independent Living, Southern Indiana Community Health Care, Southern Indiana Healing Arts Community, Southern Indiana Myofascial Release, Thrive Orange County, Throop Elementary, United Way, Youth First*